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From: Woods, Travis J. /O=WOFFORD COLLEGE/OU=FIRST ADMINISTRATIVE GROUP/CN=RECIPIENTS/CN=WOODSTJ
Subject: Wofford Cross Country Releases Schedule
Date: August 13, 2003 at 11:39 AM

TW

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Wofford Cross Country Releases Schedule

August 13, 2003

The Wofford cross country program has released its schedule for the 2003 fall season.

The Terriers will open the season Sept. 6 by hosting their lone meet of the season, the Eye Opener, at Milliken Park in Spartanburg.

A Pre-Conference Meet on Sept. 13 in Davidson, N.C., will open a string of four away meets during the fall. The following Saturday, Sept. 20, the Terriers will compete at the Winthrop Invitational in Rock Hill, S.C.

The Gardner-Webb Invitational in Boiling Springs, N.C., awaits Wofford on Oct. 3, before the Terriers wrap up the regular season with the Furman Invitational in Greenville, S.C., on Oct. 11.

Davidson will host the Southern Conference Meet on Nov. 1. The 2003 season will conclude with the NCAA Regional Championship in Greenville, S.C., on Nov. 15.

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From: Woods, Travis J. /O=WOFFORD COLLEGE/OU=FIRST ADMINISTRATIVE GROUP/CN=RECIPIENTS/CN=WOODSTJ
Subject: Wofford Cross Country Begins Season at the Eye Opener
Date: September 7, 2003 at 5:47 PM
To: Woods, Travis J. WoodsTJ@wofford.edu

TW

Wofford Cross Country Begins Season at the Eye Opener Sept. 7, 2003

The Wofford men's and women's cross country teams opened their 2003 seasons by running at the Eye Opener meet Saturday afternoon at Milliken Research Center in Spartanburg. The meet was hosted by the S.C. School for the Deaf and Blind and featured both college and high school races.

The men's team finished seventh out of the 11 teams with a team score of 185, while the Lady Terriers finished sixth out of 12 schools after totalling 160 points.

Wofford Men's Results (8K)

Place

25
40
45
57
61

Runners

Andrew Powell
Andre Caldwell
Ben Pauli
John Cheeks
Greg Clark

Time

29:08
30:23
30:54
32:11
32:46

Wofford Women's Results (5K)

Place

25
26
30
39
40

Runners

Ashley Adamson
Corey Wilson
Amanda Mills
Katherine Lister
Jaya Abraham

Time

22:13
22:15
22:25
22:59
23:15

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From: Woods, Travis J. WoodsTJ@Wofford.Edu
Subject: Wofford Men's Cross Country Continues Season at the Davidson Open
Date: September 12, 2003 at 2:52 PM
To: Woods, Travis J. WoodsTJ@wofford.edu

TW

Wofford Men's Cross Country Continues Season at the Davidson Open Sept. 12, 2003

The Wofford men's cross country team will continue its season Saturday at the Davidson Open in Davidson, N.C.

Following an eighth place finish at the season opening Eye Opener in Spartanburg, the Terriers will be looking to improve on the results at the site of the conference championship.

"I'm just looking for us to run competitively," said head coach **Roger Saltsman**. "We're still working on improving our standing in the Southern Conference. It will be a good chance for us to see the same course at which the conference championship will be held. Our depth isn't exactly where we'd like it to be right now, but we'll pull through the best we can."

Andre Caldwell paced the team at the Eye Opener with a 40th-place time of 30:23.87.

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From: Woods, Travis J. WoodsTJ@Wofford.Edu
Subject: Lady Terriers Set to Run at the Davidson Open
Date: September 12, 2003 at 3:04 PM
To: Woods, Travis J. WoodsTJ@wofford.edu

TW

Lady Terriers Set to Run at the Davidson Open Sept. 12, 2003

Following a sixth-place result at last weekend's season opening Eye Opener Meet, the Lady Terrier women's cross country team will participate in the Davidson Open in Davidson, N.C.

Wofford will be one of eight schools participating in the meet, including Southern Conference members College of Charleston, The Citadel, Davidson, East Tennessee State, Elon and Furman.

"I'm just looking for us to run competitively," said head coach **Roger Saltsman**. "The fact the meet is going to be at the same location as the conference meet will give us a good look at the course."

The Lady Terriers were led by **Ashley Adamson**, who placed 25th with a time of 22:13 in the 5k race.

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From: Woods, Travis J. WoodsTJ@Wofford.Edu
Subject: Terriers Run to Eighth Place Finish at Davidson Open Saturday
Date: September 13, 2003 at 8:10 PM
To: Woods, Travis J. WoodsTJ@wofford.edu



Terriers Run to Eighth Place Finish at Davidson Open Saturday Sept. 13, 2003

Led by junior Andre Caldwell, the Wofford men's cross country team ran to an eighth place finish at the Davidson Open Saturday afternoon. Caldwell paced the Terriers with a 58th-place time of 31:08, just ahead of teammate Ben Pauli who finished 59th with a time of 51:19.

Other scorers for Wofford included John Cheeks in 63rd (32:33), Greg Clark in 66th (33:01) and Matt Rusk in 74th (37:33).

Southern Conference rival East Tennessee State prevailed in the meet with a score of 52, edging host Davidson (53) and Charlotte (59). Other team scores included Furman (4th-77), The Citadel (5th-137), Elon (6th-147), the College of Charleston (7th-161) and Wofford (8th-253).

Running the course enabled the Terriers to see the same course in which the SoCon Championship will be held in Nov.

The Terriers will next travel to Rock Hill, S.C., for the Winthrop Invitational next Saturday.

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Subject: Wofford Notches Eighth-Place Score Saturday at Davidson Open
Date: September 13, 2003 at 8:27 PM
To: Woods, Travis J. WoodsTJ@wofford.edu

TW

Wofford Notches Eighth-Place Score Saturday at Davidson Open Sept. 13, 2003

With a team score of 216, the Wofford Lady Terrier cross country squad finished eighth at the Davidson Open Saturday morning in Davidson, N.C. Southern Conference rival Furman won the meet with a score of 28 with the host Wildcats finishing second with 41 points.

Sophomore **Ashley Adamson** led a group of four Wofford runners who finished 45th to 49th in the meet. She placed 45th (22:54), while teammates **Katherine Lister** (46th-23:04), **Amanda Mills** (47th-23:09) and **Corey Wilson** (49th-23:22) also remained with the pack.

Also running for the Lady Terriers were **Nichole Dahlin** (57th-24:56) and **Stacey Horton** (60th-26:05).

After Furman and Davidson pulled away for the top two spots, Charlotte was third (69 points), followed by the College of Charleston (122), Elon (146), East Tennessee State (152), The Citadel (195) and Wofford (216).

The Lady Terriers used the meet as a preview for the SoCon Championship, which will be run at the same course in Nov.

Wofford will next participate in the Winthrop Invitational in Rock Hill, S.C., next Saturday.

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Subject: Wofford Men's Cross Country Finishes Seventh in Rock Hill, S.C.
Date: September 21, 2003 at 12:57 AM
To: Woods, Travis J. WoodsTJ@wofford.edu

TW

Wofford Men's Cross Country Finishes Seventh in Rock Hill, S.C. Sept. 20, 2003

At the Country Inn & Suites/Winthrop Invitational Saturday morning, the Wofford men's cross country team finished seventh out of seven Division I schools with a team score of 183.

Andrew Powell led the Terriers with a 47th place time of 28:39.47, while **Andre Caldwell** finished 51st at 29:19.78. Also scoring for Wofford were **Ben Pauli** (54th-29:51.88), **John Cheeks** (56th-31:13.52) and **Chris Shugart** (62nd-33:20.01).

Matthew Rusk (63rd-34:40.50) and **Greg Clark** (66th-36:00.16) also ran for the Terriers.

Wofford will continue its fall season in two weeks, Oct. 3, at the Gardner-Webb Invitational.

Wofford Men's Cross Country Results (8k)

Place	Runner	Time
47	Andrew Powell	28:39.47
51	Andre Caldwell	29:19.78
54	Ben Pauli	29:51.88
56	John Cheeks	31:13.52
62	Chris Shugart	33:20.01
63	Matthew Rusk	34:40.50
66	Greg Clark	36:00.16

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From: Woods, Travis J. WoodsTJ@Wofford.Edu
Subject: Lady Terriers Run to Sixth Place Result Saturday Morning
Date: September 21, 2003 at 1:13 AM
To: Woods, Travis J. WoodsTJ@wofford.edu

TW

Lady Terriers Run to Sixth Place Result Saturday Morning Sept. 20, 2003

The Wofford Lady Terrier cross country team finished sixth out of seven Division I schools at the Country Inn & Suites/Winthrop Invitational Saturday morning in Rock Hill, S.C.

For the second straight meet, **Ashley Adamson** posted the Lady Terriers' top time with a 49th place effort of 21:42.26, while teammate **Katherine Lister** was one place behind in 50th with a time of 22:09.19.

Other scorers for Wofford were the trio of **Corey Wilson** (22:51.72), **Nichole Dahlin** (23:08.18) and **Amanda Mills** (23:32.77), who finished in 55th, 56th and 57th places, respectively.

Holly Smith (60th-25:15.47) and **Stacey Horton** (61st-25:45.94) also provided additional support.

The Lady Terriers will be back in action Oct. 3 at the Gardner-Webb Invitational.

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From: Woods, Travis J. /O=WOFFORD COLLEGE/OU=FIRST ADMINISTRATIVE GROUP/CN=RECIPIENTS/CN=WOODSTJ
Subject: Terrier Cross Country Finished Third at Gardner-Webb Invitational
Date: October 4, 2003 at 9:35 PM
To: Woods, Travis J. WoodsTJ@wofford.edu

TW

Terrier Cross Country Finished Third at Gardner-Webb Invitational Oct. 4, 2003

Led by **Andrew Powell's** ninth-place time of 21:19.4, the Wofford men's cross country team finished third out of three Division I teams at the Gardner-Webb Invitational with 71 points.

Ben Pauli (15th-22:56.7), **Andre Caldwell** (16th-23:38.1) and **Greg Clark** (20th-25:22.0) also recorded top-20 times for the Terriers.

Rounding out the scorers for Wofford was **Matt Rusk**, who finished 23rd with a time of 27:54.2.

UNC Asheville won the meet with a team score of 21, followed by host Gardner-Webb with 45 points.

Wofford will continue its fall season with the Furman Invitational, Oct. 11, in Greenville, S.C.

Wofford Men's Cross Country Results (6k)

Place	Runner	Time
9	Andrew Powell	21:19.4
15	Ben Pauli	22:56.7
16	Andre Caldwell	23:38.1
20	Greg Clark	25:22.0
23	Matt Rusk	27:54.2

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Subject: Wofford Women's Cross Country Posted Third Place Result
Date: October 4, 2003 at 9:48 PM
To: Woods, Travis J. WoodsTJ@wofford.edu

TW

Wofford Women's Cross Country Posted Third Place Result Oct. 4, 2003

Despite a battle with injuries and depth, the Wofford women's cross country team finished third out of three Division I schools at the Gardner-Webb Invitational.

Ashley Adamson paced the Lady Terriers with a 19th-place time of 28:05.8. The remainder of the Wofford runners finished 20th to 26th, including scorers, in order of: **Ryn Lister** (20th-28:24.2), **Corey Wilson** (21st-29:13.9), **Mandy Mills** (22nd-29:19.4) and **Nichole Dahlin** (23rd-29:41.1).

UNC Asheville won the invitational after sweeping the first three positions, while host Gardner-Webb registered a second place result.

Wofford will continue its fall season with the Furman Invitational, Oct. 11, in Greenville, S.C.

Wofford Women's Cross Country Results (6k)

Place Runner Time

19	Ashley Adamson	28:05.8
20	Ryn Lister	28:24.2
21	Corey Wilson	29:13.9
22	Mandy Mills	29:19.4
23	Nichole Dahlin	29:41.1
24	Rachel Smithson	30:25.2
25	Holly Smith	31:29.4
26	Stacey Horton	31:47.3

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Subject: Wofford Men's Cross Country Finishes 14th at Furman Invitational
Date: October 11, 2003 at 5:17 PM
To: Woods, Travis J. WoodsTJ@wofford.edu

TW

Wofford Men's Cross Country Finishes 14th at Furman Invitational Oct. 11, 2003

A 71st place time of 28:57.45 by **Andrew Powell** spurred a 14th place finish out of 16 teams at the Furman Invitational Saturday by the Wofford men's cross country squad.

Ben Pauli, who finished 92nd at 30:13.05, and **Andre Caldwell**, who ran to a time of 30:48.45 for 100th, also placed in the top 100 runners at the meet.

Rounding out the scoring for the Terriers were **John Cheeks** (110th-32:12.44) and **Greg Clark** (124th-35:13.87).

Wofford finished the meet with a team score of 391 in its final meet before the Southern Conference Championship, Nov. 1, at Davidson.

Wofford Men's Cross Country Results (8k)

Place Runner Time

71	Andrew Powell	28:57.45
92	Ben Pauli	30:13.05
100	Andre Caldwell	30:48.45
110	John Cheeks	32:12.44
124	Greg Clark	35:13.87

Finish School Team Score

1	Furman	58
2	High Point	77
3	East Tenn. State	85
4	Charlotte	95
5	Clayton State	112
6	UNC Asheville	141
7	The Citadel	179
8	College of Charleston	199
9	Elon	215
10	North Carolina (Club)	293
11	Morehouse	298
12	Francis Marion	306
13	Brevard	359
14	Wofford	391
15	Warren Wilson	448
16	Montreat	473

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From: Woods, Travis J. /O=WOFFORD COLLEGE/OU=FIRST ADMINISTRATIVE GROUP/CN=RECIPIENTS/CN=WOODSTJ
Subject: Women's Cross Country Finishes Season at Conference Championship
Date: November 1, 2003 at 2:53 PM
To: Woods, Travis J. WoodsTJ@wofford.edu

TW

Women's Cross Country Finishes Season at Conference Championship Nov. 1, 2003

Sophomore **Ashley Adamson** recorded a 75th-place time of 22:25.48 to lead the Wofford women's cross country team to a 12th place finish at the Southern Conference Championship at Davidson Saturday morning.

Fellow classmate **Corey Wilson** placed 78th (22:50.01) to cross the finish line as the second Lady Terrier at the meet.

Wofford's final three runners finished 80th through 82nd, as **Nichole Dahlin** (80th-23:11.96), **Katherine Lister** (81st-23:42.54) and **Mandy Mills** (82nd-23:45.71) rounded out the team score of 357.

Wofford Women's Cross Country Results (5k)

Place Runner Time

75	Ashley Adamson	22:25.48
78	Corey Wilson	22:50.01
80	Nicole Dahlin	23:11.96
81	Katherine Lister	23:42.54
82	Mandy Mills	23:45.71

Finish School Team Score

1	Davidson	75
2	Furman	76
3	Appalachian State	80
4	Western Carolina	105
5	UNC Greensboro	113
6	Chattanooga	131
7	Georgia Southern	197
8	East Tennessee State	207
9	College of Charleston	214
10	Elon	234
11	The Citadel	294
12	Wofford	357

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Subject: Powell Leads Men's Cross Country at Conference Championship Saturday
Date: November 1, 2003 at 3:06 PM
To: Woods, Travis J. WoodsTJ@wofford.edu

TW

Powell Leads Men's Cross Country at Conference Championship Saturday Nov. 1, 2003

Freshman **Andrew Powell** separated himself from the rest of the Wofford pack but could not help the team close the gap on its nearest opponent as the Terriers finished 11th at the Southern Conference Championship in men's cross country Saturday morning at Davidson. Powell recorded a 57th-place time of 28:55.29, nearly 20 spots higher than the next closest teammate.

Ben Pauli was the next Terrier to cross the finish line as he finished 76th at 31:19.13.

Wofford then had four runners finish in consecutive order, as **John Cheeks** (81st-31:43.65), **Greg Clark** (82nd-35:23.66) and **Chris Shugart** (83rd-35:50.55) rounded out the Terrier scorers and **Matt Rusk** (84th-35:50.88) also competed in the season's final meet.

Wofford Men's Cross Country Results (8k)

Place	Runner	Time
57	Andrew Powell	28:55.29
76	Ben Pauli	31:19.13
81	John Cheeks	31:43.65
82	Greg Clark	35:23.66
83	Chris Shugart	35:50.55
84	Matt Rusk	35:50.88

Finish School Team Score

1	Chattanooga	52
2	Appalachian State	59
3	East Tennessee State	98
4	Furman	103
5	Western Carolina	119
6	Davidson	141
7	UNC Greensboro	147
8	The Citadel	215
9	College of Charleston	223
10	Elon	253
11	Wofford	337

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